



NAVIGATE GROCERY AISLES WITH SIMPLE PLANT-BASED HEART HEALTHY TIPS FROM YOUR DIETITIAN



THE CANADIAN CARDIOVASCULAR SOCIETY

recommends healthy eating as an important step to lowering your risk of heart disease or stroke.¹

Here are five simple, plant-based changes you can make as part of a balanced diet to improve your heart health and lower your risk of developing cardiovascular disease.



SUBSTITUTE SATURATED FATS WITH HEALTHIER FATS

Saturated fats are found in animal-based foods like beef, pork, poultry, full-fat dairy products, butter and eggs.³ Canada's Food Guide recommends a shift towards more plant-based foods to help reduce the amount of saturated fat you eat.³ Becel®'s plant-based margarine is an option to consider as a delicious, heart healthy alternative to traditional dairy butters.



EAT LOTS OF FRUITS AND VEGETABLES

Eating five or more servings of fruits and vegetables a day is associated with a lower risk of dying from cardiovascular disease (CVD) such as a heart attack or stroke.¹ The good news is that the more fruits and vegetables you eat, the lower the associated risk of death from CVD.^{1,2}



GO NUTS FOR NUTS

Eating nuts can be good for your heart. Eating ¼ cup or 30 grams of nuts per day has been associated with a lower risk of CVD, as well as lower cholesterol levels.¹



CHOOSE LESS PROCESSED CARBOHYDRATES

When choosing carbohydrates, look for products that have more than 4 grams of fibre per serving* to help manage your blood sugar levels by slowing down the absorption of sugar.⁴



EAT FIBRE AND WHOLE GRAINS

The Canadian Cardiovascular Society (CCS) lists eating fibre and whole grains as one of the ways to help manage CVD risk.¹ Eating a diet high in fibre (30 grams or more per day) and whole grains (three or more servings per day) has been associated with lower risk of a heart attack or stroke.¹ Look for ingredients, such as quinoa, freekeh, sorghum and oats, that can be simple additions to your diet and support heart healthy eating.

READING FOOD LABELS



LOOK FOR HEART HEALTHY FOODS IN THE NUTRITION FACTS FOOD LABEL.

Look at the serving size. Serving size is important. Remember if you double the serving size, you double all the numbers on the nutrition label.

Nutrition Facts Valeur nutritive

Per 1 ¾ cups (100 g)
pour 1 ¾ tasses (100 g)

Calories 180	% Daily Value*	% valeur quotidienne*
Fat / Lipides 15 g		
Saturated / saturés 1 g	20 %	
+ Trans / trans 0 g	6 %	
Carbohydrate / Glucides 59 g		
Fibre / Fibres 4 g	13 %	
Sugars / Sucres 3 g	3 %	
Protein / Protéines 4 g		
Cholesterol / Cholestérol 0 mg		
Sodium 650 mg	28 %	
Potassium 125 mg	2 %	
Calcium 40 mg	3 %	
Iron / Fer 2 mg	11 %	

*5% or less is **a little**, 15% or more is **a lot**
*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

LOOK AT THE CALORIES

Calories are the amount of energy you are eating. A high number of calories can increase the risk of gaining weight.

USE THE % DAILY VALUE

The % Daily Value is a handy tool to make informed food choices. 5% daily value or less is a little and 15% daily value or more is a lot.⁵ When reading labels it's important to look for:⁵



LOW DAILY VALUE

for saturated fats, trans fats and sodium



HIGH DAILY VALUE

for fibre, vitamin A, calcium, and iron

*Health Canada recommends 2 grams of dietary fibre per serving. I have personally encouraged my clients to strive for 4 grams of fibre per serving if possible.



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References

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